



P R E V E N T

DENGUE

during pregnancy

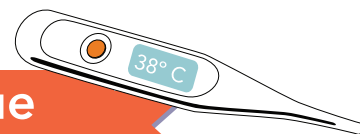


What is dengue?



Dengue is an illness spread through mosquito bites to people who live in or travel to areas with dengue. If you get dengue while pregnant, especially during the last three months near delivery, you can spread the infection to your baby. Dengue can have harmful effects that include death of the unborn baby, low birth weight, and premature birth.

How to know if you have dengue



- Fever (38° C / 100.4° F or higher) lasting up to 7 days and two or more of the following symptoms: headache, eye pain, severe joint and muscle pain, skin rash, minor bleeding, nausea and vomiting.
- If you develop symptoms of dengue, see your doctor immediately.



Traveling while pregnant?

Protect yourself and your baby.

- **Know your risk:** To find out if the country you are visiting has dengue, visit www.cdc.gov/travel.
- **Avoid travel or take precautions:** If possible, avoid travel to areas with dengue. If you do travel to an area where dengue is common, protect yourself from mosquito bites and talk to your doctor before traveling.
- **See your doctor if you develop symptoms of dengue** while traveling or within two weeks of returning from travel. Tell the doctor where you traveled and that you may have been exposed to dengue.



Mosquitoes

S P R E A D

DENGUE

Avoid mosquito bites during pregnancy

- Use insect repellent with any of the following active ingredients:

- **DEET** (for example, Off!, Cutter, and Sawyer.)
- **Picaridin** (for example, Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan.)
- **Oil of lemon eucalyptus** (OLE) or PMD (for example, Repel.)
- **IR3535** (for example, Skin So Soft Bug Guard Plus Expedition and SkinSmart.) *



- Wear long sleeved shirts and long pants.
- Empty standing water from containers such as flowerpots, vases or buckets.
- Fix or install window and door screens to keep mosquitoes outside.
- Avoid being bitten by mosquitoes while you have a fever to prevent transmission of dengue within your household.

*Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

**If you develop symptoms of dengue,
see your doctor immediately.**

For more information visit: www.cdc.gov/dengue

